Brendan O'Byrne was born in Flemington, NJ and grew up in the Pocono Mountains of Milford, Pennsylvania. While still in high school, he joined the delayed entry program in the Army National Guard in 2002 and, later, joining the regular Army in 2004. He served 4 years in the United States Army, spending the last 3 years with the 173rd Airborne Brigade as an infantry sergeant. From May 2007 to August 2008, he was stationed in what is considered one of the most dangerous postings of the war - the remote Korengal Valley of eastern Afghanistan.

Brendan is one of the central characters in Sebastian Junger's book, War, and documentary films Restrepo, Korengal, The Last Patrol, and Which Way is the Frontline from Here.

Since leaving the military, Brendan has used the lessons he has learned from his combat and homecoming experiences to create honest discussion on war's impact on the veterans who fight them and the society they come home to. He has given speeches around the country, including to universities like Harvard, Tufts, University of Virginia, and University of California.

Brendan is currently a student at University of New Hampshire pursuing a B.S. in English Literature. He lives in Dover, New Hampshire.